



February 2020

To register, or for more information, contact Heritage Place:

STOP BY THE OFFICE
4550 North Illinois Street
Indianapolis, IN 46208

CALL (317) 283-6662
EMAIL admin@heritageplaceindy.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:00 Learn and Play Chess	10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N' Play Bridge 11:30 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Power Balance Moves 2:00 Memoir Writing Class	10:00 Grocery Shuttle (must pre-register) 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 12:30 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class	10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
10	11	12	13	14
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:00 Learn and Play Chess	10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N' Play Bridge 11:30 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Power Balance Moves	10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 12:30 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class	10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
17	18	19	20	21
Heritage Place Closed	10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N' Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Bingo by Brookview Golden Living 1:00 Power Balance Moves	10:00 Grocery Shuttle (must pre-register) 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 12:30 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class	10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
24	25	26	27	28
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:00 Learn and Play Chess	10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N' Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Power Balance Moves	9:00 Foot Care with Deb Ryan, RN 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 12:30 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class	10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Using Mobile Devices 11:00 Tai Chi EnerChi 11:00 Out to Lunch Group 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices

Memoir Writing Workshop

It is not too late to sign up for the Memoir Writing Workshop series which runs the first Wednesday of the month through June from 2:00-3:00 p.m. It is free for members and \$10.00 for non-members. Member, Carol Evans Conley, experienced and published writer, instructor.

Welcome Interns

Please help us welcome our spring interns Molly Taylor and Kurtis Bowling. Molly is an Adult-Gerontology Nurse Practitioner student from Vanderbilt University and Kurtis is studying Exercise Science at the University of Indianapolis.